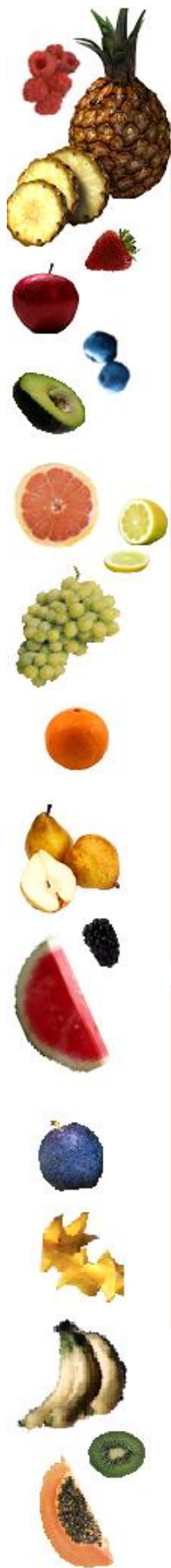




# Grapefruit



## History

Grapefruits are the only citrus fruit that originated in the Americas. It is thought to have originated in the West Indies. The discovery of grapefruit occurred in the 1750's in Barbados. It is a cross between the pommelo and the orange – fruits that were brought to the America's by Spaniards as early as the 15<sup>th</sup> century.



Grapefruits were first planted in Florida between the 1820's and 1840's. However, most people planted them for their appearance – large trees with dark green leaves and beautiful yellow fruit growing in clusters. Once people discovered their delicious taste, grapefruit were shipped across the nation.

## Varieties

There are over 20 varieties of grapefruit grown in the US and there are unique differences in grapefruit depending on its growing region. For instance, Florida grapefruit have a thinner peel and are sweeter than the California variety. Florida varieties are available in stores from November through June while California varieties are found in late summer and early fall.

## Fun facts

- The grapefruit was originally called the forbidden fruit
- Jamaicans coined the term *grapefruit* because the fruit grew in bunches like grapes
- Florida produces the most grapefruit in the world – around 2 million tons a year
- Arizona, California, and Texas also produce grapefruit
- Half of a grapefruit contains the total amount of vitamin C your body needs in one day
- A half of a grapefruit contains 6 grams of fiber, making it one of the highest fiber fruits
- Grapefruit is usually eaten with a spoon, but it can be cut into wedges and eaten like an orange



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